

Monday morning

Leader: This morning we dare to risk being willing to be open, to be changed, to grow.
Sophia, help us to be attentive and honest listeners.

Prayer Readers:

Compassion

Eternal Heart of the Universe,
I am wrapped in the womb of morning.
I am one with the cooing of doves
and the green of the river's edge.
I am a part of the slowly moving water
and the grayness of the wide sky.
All of who I am turns around and walks
toward the center of my being.
I feel a oneness with all of life.

In this moment I know for certain
that each creature, insect, stone, and plant,
each woman, man, and child, young and old,
are all my sisters and my brothers.
No part of life is separate from me.
Their joy and happiness is my joy and happiness.
Their suffering and sorrow is my suffering and sorrow.

Each of us dwells within you, Womb of Love.
You are the container of our lives.
You are the source of all nourishment,
the safe hold for each of us in our vulnerability.

Eternal Heart of the Universe,
I stretch out to touch you in the myriad creations
that have danced to life from you, the Source.
Thank you for all these relatives of mine.
They will receive good care from me.